

SWIM LESSONS



Red Cross Instructors

Cost: \$30.00 military/\$35.00 civilian per session. Must register in person at the Outdoor Pool. Registration from 1100-1300 on days stated.

Class Schedule

Session I (Registration: 5-9 June 2006)
19-22 June, 23 June - Rain Date
26-29 June, 30 June - Rain Date

Session II (Registration: 19-23 June 2006)
3-6 July, 7 July - Rain Date
10-13 July, 14 July - Rain Date

Session III (Registration: 3-7 July 2006)
17-20 July, 21 July - Rain Date
24-27 July, 28 July - Rain Date

Session IV (Registration: 24-28 July 2006)
31 July-3 August, 4 August - Rain Date
7-10 August, 11 August - Rain Date

Interested in Private Swim Lessons?

Private swim lessons are available at your convenience.

The cost is \$60.00 for four separate 1/2 hour sessions.

The times will be arranged between you and the lifeguard/instructor that you work with.

Classes Offered

Classes offered according to the Red Cross system of leveling include:

Tots (3-5 years)

Level I	Water Exploration
Level II	Primary Skills
Level III	Stroke Readiness
Level IV	Stroke Development
Level V	Stroke Refinement

The first class begins at 0800 and the last class ends at 1100. The schedule will change for each session. The exact schedule will be available before each registration period.

Tots classes are 30 minutes and cost \$40.00 per child.

We will be happy to answer questions and help with placement when you sign up for lessons.

**For more information, call
Outdoor Pool at: 301-619-2368, on or after Memorial Day
Fitness Center at: 301-619-2498, before Memorial Day**

www.detrick.army.mil/wellbeing